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NUTRITION & FITNESS MATERIALS

Developed by: NET Programs

U. DEPT. OF AGRICULTURE
NATIONAL TECHNICAL
SERVICES STAFF
JUN 8 - 1948
REF

Compiled by: Midwest Region, Nutrition and Technical Services Staff

U.S. Department of Agriculture

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LIBRARY

NUTRITION AND FITNESS MATERIALS

Several programs of the U.S. Department of Agriculture, Food and Nutrition Service, help bring food to children in the Nation's schools. However, making the right foods available is only one step toward building a healthy nutrition consciousness. The Nutrition Education and Training (NET) Program is one program that is intended to teach good nutrition habits and the fundamentals of nutrition to children, parents, educators, and food service personnel.

This program is targeted to all children in public and private schools and both residential and nonresidential child care institutions, and is administered by the Food and Nutrition Service through grants to State educational agencies. Each State that elects to participate in the program employs a Nutrition Education and Training Program Coordinator, who manages the design and implementation of the Program, statewide.

Since the beginning of the program in 1977, State NET Programs throughout the country have been responsible for developing a broad range of nutrition education materials. The materials cited in the following compilation have been selected for inclusion in this publication because of their emphasis on nutrition, exercise, and fitness. The citations have been ordered according to the State program that developed the material.

ARIZONA

Nutrition Super Stars--Nutrition-Fitness Curriculum
Kit (grades 7-8)*

Developed through a contract to the University of Arizona

The purpose of the curriculum is to provide current, easy to use nutrition and fitness information to junior high school teachers. The kit includes a teacher's guide for lesson topics and class plans plus well illustrated student activity photocopy masters for student handouts, which are coded to the class plans. The guide includes teacher directions for student activities, self-directed teacher training, and test material.

Cost: \$11.20 (includes a Training Guide and Spirit Master Workbook)

Order from:

Arizona Department of Education
Food and Nutrition Division
Nutrition Superstars
1535 W. Jefferson
Phoenix, Arizona 85007
Telephone: (602) 255-3362

Sports Nutrition Kit*

This kit is intended to update coaches, physical education teachers, and health professionals with current easy-to-use information on food, nutrition, diet, and their impact on exercise physiology, fitness, and sport performance. A Sports-Nutrition Eaters Guide and Fitness Guide are included, as well as reference material from various organizations. The material also includes two posters.

Cost: \$10.83

Order from:

Sports Nutrition
Food and Nutrition Division
Arizona Department of Education
1535 W. Jefferson
Phoenix, Arizona 85007
Telephone: (602) 255-3362

*These materials are available on loan from the U.S. Department of Agriculture, Food and Nutrition Information Center. Refer to Appendix I.

ARKANSAS

Calorie Counter and Calorie Burner

These two computer software programs allow the user to calculate an individual's daily food energy consumption and caloric expenditure while engaged in different types of physical activities.

The programs are designed for use on the Commodore-PET 2000 or 3200.

Target audience: Upper elementary level students and above

Cost: The programs are available at no charge to schools within Arkansas.

Order from:

In-State requests and price information, and out-of-State requests should be sent to:

Ms. Ernestine McLeod
NET Program Coordinator
Child Nutrition Education
School Food Service
State Department of Education
Education Building
Little Rock, Arkansas 72201

"Soup-to-Nuts" Computer Software Packages

These computer software programs were designed to accompany the "Soup to Nuts" project, which was financed and developed by a consortium of State education agencies through the NET program. For more details on this program, refer to the section on the Southeast Consortium, "Soup-To-Nuts" project.

The computer software includes 23 games and activities for use on the Commodore, PET computer. These programs are intended to reinforce the information presented in the ten sections of the "Soup-To-Nuts" program. A Teacher's Guide is included with the software packages.

Target audience: Junior high school and middle school students

Cost: Available at no cost to in-State schools or at a charge to out-of-State individuals from the Arkansas Department of Education (see address listed above).

Out-of-State purchase prices

Program for Commodore, PET 2000, 4000, 8000; \$10—includes postage and handling

Program for Commodore, PET 64K (colored); \$48; includes postage and handling

COLORADO

Eat to Compete

A ten minute videotape examines the myths and fallacies of nutrition and the athlete. A teacher's resource guide and student informational pamphlet accompanies the videotape. The videotape is available in 3/4" or 1/2" VHS videotape.

Target audience: Junior and senior high school

Cost: \$35

Order from:
Colorado Dairy Council
12450 N. Washington
Thornton, Colorado 80241
Telephone: (303) 451-7711

Weighing the Facts About Weight Control

A 13-minute videotape tells the story about a teenager who has a weight problem and decides to do something about it. She discusses the need to change her eating habits, the dangers of fad diets, and the relationship of calories to energy output. The videotape is available in 3/4" or 1/2" VHS videotape.

Target audience; Junior and senior high school

Cost: \$35

Available from the Colorado Dairy Council (see address and telephone number listed above).

CONNECTICUT

Food, Energy, and Fitness*

This module is intended for use in health, home economics, or physical education classes. It includes nine (plus two optional) classroom lessons with evaluation instruments and a complete listing of suggested resources. The students use a case study approach to solve real-life problems relating to fitness and weight control.

Target audience: Secondary high school

*These materials are available on loan from the U.S. Department of Agriculture, Food and Nutrition Information Center. Refer to Appendix I.

INDIANA

Fit for Life Program - A program for fitness and weight control*

Developed by Purdue University

This program explores many of the causes of obesity, some of which are difficult to control. The program is intended to prevent obesity through exercises and good eating habits. A curriculum guide, a student guide, and a teacher's edition of the student guide are included in the materials.

Target audience: Junior and senior high school students

POKIS (Prevent Obesity, Keep in Shape)*

Developed by Purdue University

This program is a series of health and nutrition lessons that may be taught by a classroom teacher, physical education teacher, or the school nurse. The program includes a filmstrip along with written lesson plan material and background information.

Target audience: Elementary level students

Order both programs from:

In-State orders should be placed with:

Mr. John J. Harter

Director

Division of School Food and Nutrition Programs

Indiana Department of Public Instruction

State House — room 229

Indianapolis, Indiana 46204

Currently there is no charge to schools participating in the Indiana NET program.

Out-of State orders should be placed with:

Dr. Ralph Davis

Purdue Research Foundation

Hovde Hall

West Lafayette, Indiana 47907

Cost: Fit For Life - \$34

POKIS - \$37

*These materials are available on loan from the U.S. Department of Agriculture, Food and Nutrition Information Center. Refer to Appendix I.

IOWA

Experience Nutrition - eleven learning packages designed to incorporate nutrition activities in the Basic Skills curriculum-Grades K-6 - one package is entitled "Physical Fitness and Nutrition".

Individual packages can be ordered separately from:
Experience Education
401 Reed Street
Red Oak, Iowa 51566
1-800-831-5886

KANSAS

ABC's of Nutrition Education - new nutrition information folder for coaches - contains suggestions for nutritional requirements for teenage athletes.

cost: not available

order from: ABC's of Nutrition Education
Department of Foods and Nutrition
Justin Hall
Kansas State University
Manhattan, Kansas 666506

LOUISIANA

Trim Teens

A weight management program for teens.

Target audience: Junior and senior high school students

Cost and availability: Single copies of this material can be obtained at no charge by submitting requests to the Nutrition Education and Training (NET) State Coordinator in your State. Depending upon the policies of individual States, postage may be requested.

Food For Fitness

A handbook for coaches and physical education teachers, which has information on special nutritional needs of the athlete, including energy requirements for different athletic activities and important principles of weight management.

Cost and availability: Same as for Trim Teens (see above)

MICHIGAN

Eat for Health

This computer software program is designed to aid students in calculating the nutrient content of their diets and in comparing this information to Recommended Dietary Allowances for their age, sex, and physical activity levels. The program analyzes 17 nutrients and can accept over 500 food items. An accompanying teacher's guide has been developed which includes supplementary information, student worksheet masters, and pre- and post-tests. The program is available for compatibility with the Apple II, the IBM PC, and the Commodore/PET computers.

Target audience: Upper elementary grades through high school.

Cost: \$25 in-state
\$40 out-of-state

Order from:
Genesee Intermediate School District
Instructional Services Department
2413 W. Maple Avenue
Flint, Michigan 48507

Gloria Bourdon
Telephone: (313) 767-4310 extension 271

Eating to Win

This 30-page guide is intended to help the teenager develop a way of living and eating for lifetime health and the competitive edge in sports. A discussion of some popular questions about diet and athletics is presented.

Target audience: Junior and senior high school students

Cost: In-State school districts can obtain this material at no charge as long as the current supply lasts.

Out-of-State cost is \$1.50/copy

Order from:
Ms. Rita Traynor
Novi Community School District
Novi Nutrition Education Project
25575 Taft Road
Novi, Michigan 48050

MINNESOTA

Four Health Reports: It Matters What You Eat*

This slide tape presents four teenagers as they research four health issues and the relationship of nutrition to health. The issues—weight control, heart disease, vegetarian diets, and nutrition for athletes-- are narrated by teens as school reports and reinforced with graphics that show detailed information. The teens conclude that their reports have shown that what they eat does indeed influence their health and well-being.

Nutrition and Fitness for Outdoor Recreation*

This curriculum guide integrates nutrition into health, physical education and science curricula. The lessons focus on food selection when out-of-doors appropriate foods to take on the trail, and edible plants found in the region. The classroom lessons reinforce the activities conducted in a one-day field trip to a nature center which is the culminating activity of the unit. The topics of the seven videotapes are: nutrition and fitness for outdoor recreation, wild edibles, nutrition and the outdoors, packing a pack, building a safe fire, surviving the outdoors, and getting fit for the outdoors.

Food and Nutrition Booklist K-6*

This selective, annotated bibliography provides a list of supplementary elementary level resources in the areas of food, nutrition and related topics. The scope of the bibliography reflects the significance of food in people's lives and the diverse viewpoints held about food. The topics covered include nutrition and health; foods we eat; nutrients; food selection and preparation; and the cultural, social, economic and psychological aspects of food. The books may be used to enhance the learning of nutrition concepts in many subject areas including health, social studies, science, physical education and reading.

*These materials are available on loan from the U.S. Department of Agriculture, Food and Nutrition Information Center. Refer to Appendix I.

MINNESOTA (con't)

Integrative Nutrition*

The Integrative Nutrition curriculum is composed of five mini-units for junior high health or home economics classes. Each mini-unit was chosen because of its potential impact on students in their everyday living as they make nutrition decisions. The mini-units include:

Nutrition/Physical Fitness/Lifestyle
Boo Squad/Weight Awareness
Consumer Choice—It's Up to You
Nutrition for the Pregnant Adolescent
Nutrition and the Athlete

On the Beam*

The On the Beam curriculum provides teachers and students with techniques and strategies to build self-concept, fitness and nutrition knowledge to control weight. It is designed for use with adolescents. Available from:

Diana Swanson
1865 Goodrich
St. Paul, MN 55105

Price: \$10.00 plus \$1.50 shipping charge

*All of these resources are available on loan from: The Food and Nutrition Information Center, U.S.D.A. and the:

Minnesota Curriculum Service Center
3554 White Bear Avenue
White Bear Lake, Minnesota 55110
Telephone: (612) 770-3943
Minnesota out-of-state toll free number: 1-800-652-9024

NEW YORK

Nutrition Education, Grades K-3, 4-6, 7-9, and 10-12, Physical Dimensions of Health*

The curriculum guide is in four sections --one for grades K-3, one for grades 4-6, etc. The sections are designed to facilitate nutrition education in these grades; and, can be used as a basis for curriculum development at the school district level or as a basis for daily classroom lesson planning.

*These materials are available on loan from the U.S. Department of Agriculture, Food and Nutrition Information Center. Refer to Appendix I.

NEW YORK (con't)

Curriculum materials are prefaced by lists of nutrition concepts and understandings, an objective-based grade placement chart and suggestions for evaluating student comprehension. A list of books and related resources and a chart of the nutritive values of some foods is appended.

Costs and availability:

Availability at no charge to State educators through the New York State NET Coordinator. Out-of-State requests must be placed with the New York State Coordinator; however, in these instances, individuals and/or school districts must place requests with their respective State NET Coordinators.

Nutrition Comes Alive

This is an eight box set of creative activities for grades kindergarten through six which offers a unique and innovative approach to learning nutrition in the classroom.

The materials have been designed to teach and involve students in nutrition education through exploring, experimenting, and experiencing. The activities in the kits have been developed to teach and reinforce skills in other school subjects, including language arts, math, social studies, science, physical fitness, art and music. A teacher's guide accompanies each box and provides the rationale, objectives, essential nutrition background information, and suggestions for implementing the activities in the classroom.

Level 4—"On the Move"

This level focuses on how to balance energy intake (food kilocalories) with energy output (exercise) to maintain the right weight and good health. This section includes an energy workbook, "On the Move", and "Egg Carton Nutrition", which is a spiral-bound activity book on energy balance.

High Feather*

This is a dramatic television series which addresses the challenge of nutrition education. The ten 30-minute videotape programs for children ages 6-14 teach the relationship between nutrition and good health, assist children in accepting responsibilities for their own eating habits, and help children develop an awareness between self-image and eating habits.

*These materials are available on loan from the U.S. Department of Agriculture, Food and Nutrition Information Center. Refer to Appendix I.

NEW YORK (con't)

A teacher's guide accompanies the videotapes and contains activity suggestions, teacher information, recipes, and a list of nutrition resources.

One of the 30-minute programs is entitled, "Swiftly" and is about developing a sensible weight loss program.

Cost: \$40 (blank tapes must accompany orders)

Order from:
New York State Education Department
Bureau of Mass Communications
Room 10A75
Cultural Education Center
Albany, New York 12230

NORTH CAROLINA

Teens, Food, Fitness, and Sports

Developed by North Carolina Department of Public Instruction, Division of Child Nutrition through a contract with the University of North Carolina at Chapel Hill.

Includes case studies, pre- and post-tests, descriptive information on nutrition of the adolescent, and behavior patterns. In addition to the basic nutrition information, there are several chapters devoted exclusively to sports nutrition.

Target audience: Senior high school students

Cost: Single copies provided to State NET Coordinators outside of North Carolina and to North Carolina school districts at no charge.

Out-of-State school districts may obtain copies directly from the North Carolina NET Program for a charge of \$3.50.

Order directly from:
NET Coordinator
Division of Child Nutrition
Department of Public Instruction
Education Building
Raleigh, North Carolina 27611
Telephone: (919) 733-7162

or contact your local State NET program.

OHIO

Learning about Nutrition Through Physical Education Game Activities

This is a 30-page set of game activities to teach nutrition and physical education to young children. Each game specifies the playing area, players, supplies, lists the physical education skills and nutrition skills to be learned, and gives directions and a diagram for playing each game.

Cost: No charge

Order from:

Ohio NET Program

Department of Education

Division of Elementary and Secondary Education

65 South Front Street

Columbus, Ohio 43215

Telephone: (614) 466-8251

Sports Nutrition—Part of the Winning Combination*

This is a slide/tape series, which includes four slide sets and tapes, leader's guide, four posters, and skin calipers. The series is designed for middle or junior high school students and coaches, and addresses the following topic areas: basic nutrition concepts, losing and gaining body weight, the female athlete, and the pregame meal.

Availability:

In addition to being available on loan from the Food and Nutrition Information Center, the series is available on loan from the Ohio NET Program State office (see address listed above).

PENNSYLVANIA

New Horizons in Nutrition

The curriculum was developed for secondary school children, grades 7-12, and is composed of ten packets, each of which includes an introduction, program notes, pre- and post-tests, and a bibliography.

One of the ten topics covered in the curriculum is "Nutrition and the Athlete".

*

These materials are available on loan from the U.S. Department of Agriculture, Food and Nutrition Information Center. Refer to Appendix I.

PENNSYLVANIA
(con't)

Cost: \$1.82

Order from:
Clearinghouse on Teacher Education
One Dupont Circle, N.W., Suite 610
Washington, D.C. 20036

SOUTHEAST CONSORTIUM

Soup-to-Nuts*

This is a nutrition education series of ten 15-minute programs for middle and junior high school students, which was developed by the Southern Educational Communications Association Nutrition Consortium and Agency for Instructional Television.

A Teacher's Guide is included as part of the videotape program.

Among the ten programs in the series are two that may be appropriate for use in introducing physical fitness and nutrition concepts.

Program #3 --"A Little bit of Everything" (A balanced diet)-- This program traces the pathways by which foods are changed into energy and describes how physical activity determines calorie needs.

Program #6 --"Tip the Scales in Your Favor" (Weight management)--The physical, social, and psychological problems of being overweight and underweight are discussed. Also, programs of weight gain, loss and maintenance are presented.

Order from:
Agency for Instructional Television (AIT)
Box A
Bloomington, Indiana 47402
Telephone: (812) 339-2203

*

These materials are available on loan from the U.S. Department of Agriculture, Food and Nutrition Information Center. Refer to Appendix I.

SOUTHEAST CONSORTIUM
(con't)

Cost: \$125/program

With the purchase of 10 programs from AIT the 11th program is offered at no charge. The material includes a complementary copy of the Teacher's Guide. Also, a preview videotape will be provided upon request.

3/4" and 1/2" videotape formats are available

WASHINGTON

Shaping Up, Inside and Out*

This is a weight management curriculum designed for junior and senior high school students. The guide is designed for use by the health, physical education, or home economics teacher. A total of 90 lessons are included, each with detailed lesson plans and materials.

Cost: \$20 plus \$3.50 shipping

Order from:

Comprehensive Health Education Foundation
20832 Pacific Highway South
Seattle, Washington 98188
Telephone: (206) 824-2907

WISCONSIN

Nutrition and Athletic Performance

A 40-minute videotape prepared primarily for use by coaches, teachers, and others who work with young athletes. Topics in athletic nutrition are addressed by a nutrition educator who is assisted by several well-known Wisconsin coaches.

Target audience: Junior and senior high school coaches and teachers.

Cost: \$44 (3/4" videotape)

\$34 (1/2" Beta or VHS videotape)

These figures include the price of the tapes and shipping charges.

*

These materials are available on loan from the U.S. Department of Agriculture, Food and Nutrition Information Center. Refer to Appendix I.

WISCONSIN
(con't)

Order from:
Instructional Media Distribution Center
c/o Ms. Sharon Mueller
Teacher Education Building, Room 109
225 N. Mills Street
Madison, Wisconsin 53706
Telephone: (608) 263-4052

Nutrition In Health. An Instructional Package for Grades K-6*

This curriculum addresses six major topic areas: mental/emotional health, drugs and nutrition, physical health and nutrition, safety and consumerism, community and environmental health, and health promotion.

Instructional materials and integrated lesson plans are provided as part of this curriculum along with supplementary student activity worksheets and other classroom materials.

The lessons on physical health and nutrition and health promotion may be particularly useful to those educators interested in nutrition and athletics.

Target audience: Elementary level students

Cost: \$5.00

Order Bulletin #4037 from:
Publications
Wisconsin Department of Public Instruction
125 South Webster Street
P.O. Box 7841
Madison, Wisconsin 53707

*

These materials are available on loan from the U.S. Department of Agriculture, Food and Nutrition Information Center. Refer to Appendix I.

Appendix I

FOOD AND NUTRITION INFORMATION CENTER

The Food and Nutrition Information Center (FNIC) as part of the National Agricultural Library (NAL) offers lending reference and computer on-line retrieval of information to nutritionists, food service managers, educators and others.

The center was recently transferred from the Human Nutrition Information Service of the U.S. Department of Agriculture (USDA) back to the Library, where it had been housed since 1971 by the Department's Food and Nutrition Service.

The center provides serials, monographs and audio-visual aids on food, nutrition education, and foodservice management.

Services are available to the following groups of patrons:

- The U.S. Congress
- Federal Government Agencies
- State Government Agencies including state departments of Health, and of Education (Note: state level personnel only).
- Libraries, information centers
- Universities, colleges (faculty only)
- Cooperative Extension (federal, state, county level)
- Research institutions
- Professional societies (national officers only)
- School districts and individual schools, including food service personnel
- Nutrition Education and Training Program (NET) staffs
- Head Start personnel
- Day Care personnel
- Supplemental Food Program for Women, Infants and Children (WIC) and Commodity Supplemental Food (CSF) Program Personnel

Although written requests are preferred, patrons may obtain personal assistance by telephone between the hours of 8 a.m. and 4:30 p.m., Monday through Friday. The telephone number is (301) 344-3719. A 24 hour telephone answering machine monitors calls when the Center is closed. A message requesting a Center staff member to call the patron back on the next working day may be left.



